

Hamilton Harriers Spring Training Schedule

January

- Tuesday 10th - 6× 1km at 10k pace with 2 min recovery jogs
- Thursday 12th - 7miles alternating between race pace and 1 min per mile slower. Starting at the slower pace.
- Saturday 14th - Long run. Distance and pace to suit individual runner.
- Tuesday 17th - 12× 400m at 5k pace with 1 min recovery jogs.
- Thursday 19th - 1 mile easy 5miles race pace 1 mile easy.
- Saturday 21st - Long run. pace Easy pace
- Tuesday 24th - 4× 8 mins at 10k pace with 2min recovery jogs.
- Thursday 26th - 1mile easy 6miles race pace 1mile easy.
- Saturday 28th - Long run easy pace.
- Tuesday 31st - 20×1min with 1min recoveries.

February

- Thursday 2nd - 1mile easy 6miles Half marathon pace 1mile easy
- Saturday 4th - Long run easy pace.
- Tuesday 7th - 5×1mile at 10k pace with 1min recovery jogs.
- Thursday 9th - 8miles progression. Easy to race pace. Session will be explained before that night.
- Saturday 11th - Long run easy pace.
- Tuesday 14th - 6× 1k at faster than 10k pace with 2min recovery jogs.
- Thursday 16th - 9 miles alternating pace. 1mile at 1 min per mile slower than race pace then 1 mile at race pace until the 9 miles are done.
- Saturday 18th - Long run easy pace.
- Tuesday 21st - 8×800m at 5k pace with 2 min recovery jogs
- Thursday 23rd - 1 mile easy 6 miles race pace 1mile easy.
- Saturday 25th - Long run easy pace.
- Tuesday 28th - 5k handicap.

March

- Thursday 2nd - 9 miles progression run.
- Saturday 4th - Long run easy pace.
- Tuesday 7th - 16×400m at 10k pace with 1min recovery jogs.
- Thursday 9th - 9miles alternating between 1min per mile slower than race pace and race pace.
- Saturday 11th - Long run easy pace.
- Tuesday 14th - 3×1mile with 2 mins recoveries.
- Thursday 16th - 2 easy loops.
- Sunday 19th - Alloa Half Marathon.

Schedule made to suit everyone training for a Spring race. Some of the sessions will be adjusted to suit individuals level of fitness and race goal. Long run on Saturday will be progressive but should become enjoyable because of the pace being slower than the Tuesday and Thursday speed sessions.